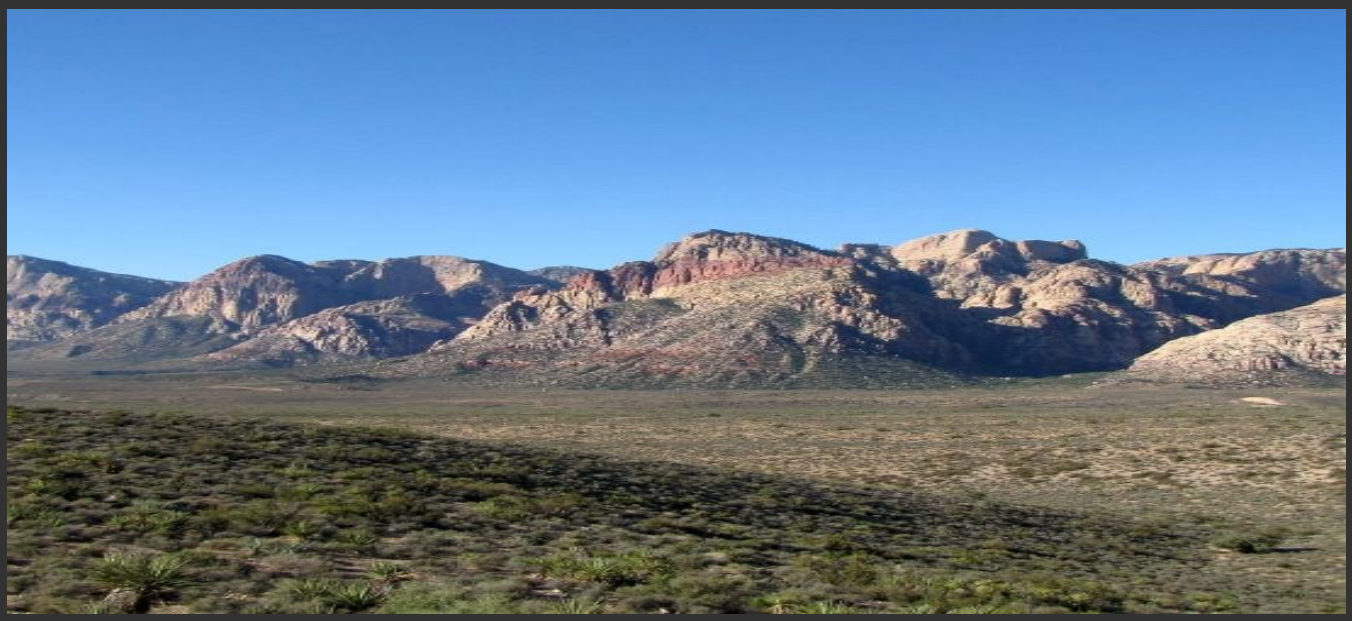
Introduction to Desert and Extreme Medicine

Red Rock Canyon, NV

10 May 2018



Extreme environments are increasingly used by NASA and other researchers as analogs to long-duration missions. Additionally, adventure travel is becoming increasingly popular and humanitarian disasters are more common than ever. AsMA members are likely to provide operational support or participate in research expeditions, adventure travel or humanitarian relief efforts in austere environments. This is intended to be an introductory workshop focused on medicine and expedition support in an extreme (desert) environment. This workshop provides an 8 hour CME opportunity with both didactic and hands-on learning in Red Rock Canyon, Nevada.

TOPICS

- Patient and personal rescue skills
- Expedition planning and medical support
  - Medical kit composition
  - Team dynamics
  - Endurance medicine
  - Creating an expedition emergency plan
  - Ethical considerations of expedition medicine
  - Desert environment
  - Field care for common injuries
  - Envenomation and environmental hazards
  - Heat illness and dehydration
  - Endemic diseases
  - Desert survival
  - Wilderness communication
  - Patient packaging and movement
  - Improvised carrying techniques
  - Improvised equipment
  - Mechanical advantage systems

Introduction to Desert and Extreme Medicine

Attendees for this introductory workshop will:

- Understand unique challenges of supporting a desert expedition
- Practice patient and personal rescue skills in a desert/climbing environment
- Learn about back country patient packaging and extraction techniques
- Determine appropriate environmental factors related to expedition medical support planning
- Apply new knowledge and skills in a practice scenario

Participants will be able to describe the hazards of the desert environment and key elements of survival. Learners should be able to discuss strategies to maintain safety, prevent injuries, and competently provide initial treatment for common injuries in this environment. Participants will be able to recognize common injuries and gain knowledge to safely and efficiently perform an initial evaluation and seek definitive treatment for patients in this environment. Additionally, attendees should be able to assist patients with travel planning, medical kit preparation, expedition support and emergency assistance planning.

AUDIENCE

This workshop is suitable for a broad range of AsMA professionals, including physicians, EMTs, and anyone with a sense of adventure that would like to learn more about personal and team care in an extreme environment.

Price includes:

- 8 hours AMA Category 1 CME
- Round trip transportation from Rio hotel to training location
- Lunch
- Educational Materials

LOCATION

Red Rock Canyon is a 30-40 minute drive west of the conference hotel. Transportation will be provided.

CONTINUING MEDICAL EDUCATION

Application for Continuing Medical Education has been made with the Undersea and Hyperbaric Medical Society. When approved, this workshop will offer up to 8 *AMA PRA Category 1 Credits*TM.

Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Undersea and Hyperbaric Medical Society and the Aerospace Medical Association. The Undersea and Hyperbaric Medical Society is accredited by the ACCME to provide continuing medical education for physicians. Application for Continuing Medical Education has been submitted with the Undersea and Hyperbaric Medical Society.

Full Disclosure Statement: All faculty members and planners participating in continuing medical education activities sponsored by the Aerospace Medical Association are expected to disclose to the participants any relevant financial relationships with commercial interests. Full disclosure of faculty and planner relevant financial relationships will be made at the activity.

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